

The book cover features a light cream background with scattered blue leaves and gold dots. At the top, a large, detailed blue leaf is prominent. The text is centered and reads: "90 Devotions for Finding Peace in Your Every Day" in a white sans-serif font. Below this is a thin gold horizontal line. The main title "TRUSTING GOD" is in a large, bold, blue sans-serif font, with "GOD" in a larger, gold-colored font. Below "GOD" is "— IN —" in a blue sans-serif font with gold dashes. At the bottom is "ALL *the* THINGS" in a blue sans-serif font, with "the" in italics. The authors' names "Karen Ehman & Ruth Schwenk" are at the very bottom in a gold sans-serif font.

90 Devotions for Finding  
Peace in Your  
Every Day

TRUSTING

GOD

— IN —

ALL *the* THINGS

Karen Ehman & Ruth Schwenk

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90 Devotions for Finding  
Peace in Your Every Day

Karen Ehman and Ruth Schwenk



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To you, our precious readers.  
May you discover peace and experience calm  
as you learn to trust God in every area of life.



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## INTRODUCTION

Hey, friend. We see you there. You're trying your absolute best to do all the things, spending much of your time keeping connected with all your people. As you constantly toggle between your responsibilities and relationships, it often leaves little time for yourself—or for connecting with Jesus. This can create a feeling of anxiousness in your mind and hurry in your soul. Your heart desperately longs for calm amidst your clamoring duties, stacked schedule, and life's unexpected circumstances.

The *Cambridge English Dictionary* defines *calm* as “peaceful, quiet, and without worry,” and also as, “without hurried movement or noise.”<sup>1</sup> To obtain a heart that is indicative of the first definition—peaceful, quiet, and without worry—we need moments described by the second definition—unhurried, still, and devoid of noise.

What our overwhelmed hearts need is true calm—a calm that can only come from God himself. To obtain it, we must pursue a daily connection with God, which we pray this devotional will provide. More than success, time management skills, or people's praise, our hearts need a refreshing encounter with God each day. We can learn to carve out time to connect our hearts with God's heart, time to experience God's love, grow in his grace, and explore his truth. As we do, we learn to follow and serve God with a sense of purpose and experience the calm we all crave no matter what we are facing.

It is our deepest desire and most sincere prayer that the devotional entries within this book will point you to the Author of life himself.

## *Introduction*

Drink in the scriptural truths presented. Ponder the questions posed. Take time to earnestly pray from your heart. But most of all, expect the Lord to be ever close as you do, empowering you through the Holy Spirit to trust him in every area of your life.

We are praying for you. May you find the peace and calm that only Jesus can provide, trusting God in all the things. He is always faithful to meet you, strengthen you, and draw you closer to him.

In His Great Love,

*Karen and Ruth*

# 1 | Even Jesus Was Overwhelmed

*Ruth*

## Scripture to Study

And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

Luke 22:44

What has overwhelmed you right now? Is there something that seems too big for you? Stress can feel like an invisible press we're caught in. A weight. Or a trap that is slowly squeezing the life out of us!

I felt it with every miscarriage. It reared its ugly head and tightened its clutches when my husband was diagnosed with cancer. I felt it when our son was applying for college. We've all felt the overwhelming pressing and squeezing of life's circumstances.

And so it might encourage you, as it did me, to be reminded that even Jesus was overwhelmed. He, too, felt the suffocating and exhausting effects of stress leading up to his death on the cross. Shortly before Jesus' arrest and betrayal, he withdrew to a place called the Mount of Olives (Luke 22:39). In a garden called Gethsemane, Jesus was overcome with a crushing stress.

It was there, Luke tells us, that Jesus was in "anguish" (v. 44). This was a deep and intense grief. It was an immense weight. Anticipating his death, Jesus experienced a gut-wrenching sorrow and pain almost too unbearable to handle. The mention of sweat "like drops of blood" is meant to show us that Jesus had reached the limits of his human ability to endure.

All this he suffered for us. For me. For you. And of course, for the sake of doing his Father's will. But what I don't want us to miss is that

even Jesus was overcome with sorrow and anguish. He, too, knew stress. And he knows ours.

If we are not careful, we can add stress on top of our stress. We can take a difficult season or circumstance that is pushing and pulling on us and add even more weight to the already heavy burden we are carrying. How do we do this? By wrongly believing we should never be stressed or overwhelmed! This is where we need to keep coming back to Jesus. Drawing near to him. Listening to him. Remembering his own anguish. But also, being reminded of what he did *with* his anguish.

The question is not whether we will be overwhelmed, but where we will take that stress and overwhelm. To whom or what will we turn? Luke tells us that as Jesus' anguish increased, so did Jesus' prayer. He prayed "more earnestly." He didn't deny his pain or minimize his anguish, but he drew closer to his Father, who alone is the source of comfort and strength in times of trouble.

Will you do the same today? Be encouraged that Jesus knows our anguish and shows us where to take our stress, even when it feels like too much to handle.

### POINTS TO PONDER

How do you find encouragement from knowing that even Jesus was in anguish or felt crushing stress?

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Jesus knows what we are going through. He wants us to draw close to him in our stress so that we might share in his suffering, and by doing so find the grace to endure with him and grow in greater intimacy with

him. Take a moment to think through those circumstances you need to give over to him.

**PAUSING TO PRAY**

***Father,** I need you to handle what is too heavy for me to carry. So I am surrendering to you \_\_\_\_\_*

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